

News Briefs

Amnesty box

The Air Force Office of Special Investigations has installed an amnesty box near the vending machines at the Spangdahlem Air Base Post Office. The purpose of the amnesty box is to allow servicemembers or family members the chance to provide AFOSI with anonymous tips of illegal or suspicious activity. Suspicious activity includes, but is not limited to: individuals watching or observing the base perimeter, asking questions about servicemembers jobs or personal habits, and photographing in restricted areas. Individuals can also place illegal drugs, illegal drug paraphernalia or other contraband in the amnesty box. Do not place explosives in the amnesty box. Call Special Agent Jesse Dibelbiss at 452-6291 for more information.

New refuse procedures

The Bitburg-Pruem County has changed their procedure on refuse pick-up services for Spangdahlem AB, Bitburg Annex, Speicher government-leased housing and the Oberweis geographically-separated unit. All yellow bag recyclable items such as soda cans, milk cartons, plastics, etc. will no longer be disposed separately from regular trash. These items can be placed in regular trash containers. Members may not use the yellow bags as their trash bags. The current yellow bag containers may be used as regular trash containers. The schedule for weekly pick ups has also changed slightly. The new schedule is posted at http://intranet/52fw/52msg/52ces/Flights/Operations/Service_Contracts/asp/refuse.asp. Paper, yard-waste, and glass materials will still be recycled separately. As a reminder, bulk trash is picked up on the first Thursday of each month. For more information, call the Spangdahlem AB Housing Office at 452-7133 or the 52nd CES Services Contracts Office at 452-6183.

Update immunizations

People who are planning extended European and summer vacations should ensure their children's immunizations are current. Children may receive a tetanus booster at age 11 (after checking with primary care providers). People who currently receive their immunizations from German doctors and have children scheduled to attend a Department of Defense Dependents school over the next year should call the 52nd Immunizations Clinic at 06565-61-8121. For details about immunizations, visit www.CDC.gov or talk to a PCM.

Living pattern survey

Through June 17, Airmen and their families can take a living pattern survey, in which they report items they purchased on the local economy. What gets reported is compared with the same items in the U.S. and is a basis for determining the cost-of-living allowance. To take the survey, visit <https://www.perdiem.osd.mil/oscola/lps/germany/>.

Rollin' on a river

Cruise into summer-time fun on an Eifel passenger boat.

Read "Cruise by vineyards, castles on Germany's famous rivers," on Page 4



Eifel Times

Vol. 39, Issue 18

Spangdahlem Air Base, Germany

June 3, 2005



Senior Airman Lisa M. Zöllner

Azerbaijani visit

Karsten Kurtze, 52nd Civil Engineer Squadron local national firefighter, demonstrates a thermal imager heat detection device to Capt. Ikhtiyar Alakbarov and Maj. Sohrab Aghadadashov, Azerbaijani air force officers May 27. The officers visited the wing May 23-27 to gain particular insight on how to build and sustain a professional NCO corps. The guests visited numerous sites around base, to include the wing's water sanitation plant and the 52nd Security Forces Squadron simulator room. The Azerbaijani air force service consists of two-year conscripts and an officer corps.

Spang hosts AMC mobility mission

726th Air Mobility Squadron brings strategic, commercial support to table

By Senior Airman Amaani Lyle
52nd Fighter Wing Public Affairs Office

As the 52nd Fighter Wing primes for major transitions between now and the end of the year, a key part of the Air Mobility Command is ready to join the Saber team between June 15 and this fall.

The 726th Air Mobility Squadron provides strategic, theater and contract commercial air mobility support for Europe, Africa and Southwest Asia, said Lt. Col. Jim Kirk, 726th Air Mobility Squadron director of operations and soon-to-be 726th AMS commander.

The squadron's projected stand up here is Oct. 1, just months before the scheduled completion of the Rhein-Main Transition Program, the ambitious base expansion project that will enable Spangdahlem Air Base to support cargo and passenger traffic as part of its new air-lift mission.

The squadron provides command and control, maintenance and aerial port capability to all AMC aircraft transiting their ramp, and Colonel Kirk said his team has been working in tandem all along with U.S. Air Forces in Europe at Rhein-Main Air Base, Germany.

The colonel added that though the manning will not be as robust as it was at Rhein-Main AB, the operations tempo will be every bit as busy from a manpower-versus-mission perspective.

"One of the biggest challenges we'll face as we transition to Spangdahlem (AB) is adjusting to the size difference between our Spangdahlem facility compared to Rhein-Main. We'll go from operating the Department of Defense's largest passenger terminal in the world to a smaller 'passenger holding area' that holds about 105 passengers."

The smaller-scale operating plan does not seem to call for radically different equipment than what the 52nd FW already has in its 52nd Maintenance Group and 52nd Logistics Readiness Squadron.

"We'll have a variety of aircraft maintenance equipment, deciders, mission vehicles and aircraft loaders. We'll be capable of handling every type of aircraft in the AMC inventory, from C-17s and C-5s to KC-10s and KC-135s," the colonel said.

With the influx of new people arriving to Spangdahlem AB, the 52nd Fighter Wing must go above and beyond in preparation to host its new tenant organization.

"It is our hope to make this transition as seamless as possible by offering adaptation programs and working with family members on an individual basis. Families should definitely come to the support center once they arrive and allow us to help make this move a positive experience," said Carole Beasley, family support center lead community readiness consultant.

Colonel Kirk said several of his squadron members have already made trips to Spangdahlem AB to get acclimated to the new surroundings and coordinate requirements with host support functions.

"Our goal is to smoothly transition into Team Eifel and become an enhancement to the base from the start. We won't be arriving all at once, but will gradually (permanently change station) here during the summer months to become fully operational by October," the colonel said.

The doors will soon close at Rhein-Main AB, but the transition holds promise to open new ones for the members of the 726th AMS. One troop has already arrived here, and seven more will follow later this month.

"We're looking forward to the transition and we have a great group of people who have a proud history of contributing positively to their base and community. We're moving from the hustle and bustle of the big city near Frankfurt to the rural countryside landscape of the Eifel region -- a change we're certainly ready for," Colonel Kirk said.



RESCON Watch

BRAVO

1-2 DUIs in the Last 30 Days

Days since last DUI: **20**

Rank of last DUI: staff sergeant
Squadron of last DUI: 52nd AMXS

Large unit with best record: 52nd Communications Squadron, 99 days
Small units with best record: 52nd Medical Support Squadron, 52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.



Senior Airman Amaani Lyle

Speak up

Staff Sgt. Brian Price, 52nd Component Maintenance Squadron aerospace propulsion journeyman, performs an augmentation leak check on a F110-GE-129 engine at the T9 noise suppressor facility May 23. The engine is installed in the F-16 aircraft here. The engine produces 29,000 pounds of thrust and more than 120 run annually at the T9 facility.

Sabers steer clear of DUIs over Memorial Day weekend

By David Barker
52nd Security Forces Squadron

There were five major crashes over the last two weeks, along with 19 minor wrecks.

The first major crash occurred at the Landscheid exit off the A-60. The operator was cited for excessive speed.

The second crash was on B-50 at the Metterich exit. Inattentive driving and failure to yield right of way caused the three car major crash with injuries.

The third crash was on L-46. A motorcyclist sped and flipped his cycle over in a sharp curve. The motorcyclist suffered injuries, disabled the motorcycle and damaged a passing car in the crash.



The fourth crash occurred on A-671 between Darmstadt and Mannheim. While exiting the autobahn, the driver lost control of a vehicle and struck a guardrail.

The last major crash was on B-50. En route between Spangdahlem and Bitburg, a driver was blinded by oncoming lights.

The driver hit the guardrail, and the car was disabled. There were no injuries to the driver.

Team Eifel members were also involved in 19 minor collisions: one from speeding, three in parking lots, two from improper backing, seven from inattentive driving, three with others at fault, one from following too closely and two involving wildlife.

2005 Combined Endeavor wraps up 13-day exercise

Staff reports

LAGER AULENBACH, Germany -- More than 1,200 military and civilian people from 43 countries and four continents began an intense 13-day exercise dubbed "Combined Endeavor 2005," the largest and most complex Communications and Information System military exercise in the world May 13-26.

It was conducted in both Lager Aulenbach and at a forward operating site in Constanta, Romania.

52nd Communications Squadron Multimedia center members took part in the exercise. Four troops went to Lager Aulenbach and one went to Romania.

"Simply put, this exercise created the future of military communications worldwide" said Air Force Brig. Gen. Thomas Verbeck, command and control director, Communication Systems and Warfighting Integration Directorate.



Airman 1st Class Kristin Ruleau

LAGER AULENBACH, Germany -- Right, Airman 1st Class Stacy Moless, 52nd Communications Squadron, photographs a group of foreign nationals during Exercise Combined Endeavor May 16.

"Future operations in the European theater will typically involve the joint, multi-national forces of several different nations; therefore it's critical that their communications and information systems are compatible and interoperable."

The U.S. European Command sponsored multinational exercise brought NATO and Partnership for Peace nations together to plan and execute interoperability testing of command, control, communications and computer equipment systems from participant nations in support of future combined humanitarian, peacekeeping and disaster relief operations.

CE-05 is one of the premier in the spirit of Partnership for Peace exercises for U.S. European Command headquarters.

The multinational communicators conducted more than 1400 different interoperability tests, with the main elements being satellite communications, video teleconferencing, Voice over Internet Protocol, and single-channel radio networking.

Combined Endeavor began in 1995 as a simple effort to bring NATO and former Warsaw-pact countries together under the auspices of Partnership for Peace, and has been held annually since then.

Since 1995, nations have been involved in military operations in Bosnia, Kosovo, Afghanistan and Iraq as well as the recent support of humanitarian operations in the area affected by the tsunami disaster.

Over the past eleven years, Combined Endeavor has grown and responded to the ever-changing CIS requirements of its militaries by setting and revising standards to enable communications interoperability.

Stay prepared for deployment, for ORI and beyond

By Tech. Sgt. Angela Gagliano
52nd Fighter Wing Inspections Office

Next week, the 52nd Fighter Wing will be participating in a Phase 1 exercise. Sabers will be tasked to pack up and pack out.

The Phase 1 will gear the wing to be better prepared for real world actions and the upcoming Operational Readiness Inspection.

In preparation for air and expeditionary force cycle 7/8 and the Operational Readiness Inspection, 52nd Fighter Wing members will take a closer look at their personal readiness.

"Personal readiness starts with the individual. The individual is the starting point for ensuring they are ready to deploy, not the unit deployment manager and not the supervisors," said Master Sgt. Salvatore Belloise, 52nd FW Inspections Office.

"From guaranteeing their mobility bags are packed to ensuring they attend their scheduled annual personal health assessment appointments, Sabers, themselves, can take the first steps to a successful deployment."

Personal readiness also includes financial planning; up-to-date legal documents; up-to-date shot record and a current family care plan.

"The Airman's Manual, AFMAN 10-100 includes a predeployment maintenance checklist to assist members in preparing for a deployment," added Sergeant Belloise.

The expeditionary Airman must be able to deploy on short notice without worries or regrets.

Tech. Sgt. Ryan Helfentstein, family readiness NCOIC, said, "Personal Readiness means being personally ready and family ready."

The family support center provides a briefing covering the three phases of a deployment for preparing the whole family."

Predeployment phase

The first phase is the pre-deployment phase. The pre-deployment phase covers a range of topics, including the need to ensure the emergency data card, DD Form 93, is cor-

rect; family care certification, Air Force Form 357, is complete; and power of attorney paperwork is complete.

Sustainment phase

The second phase is the sustainment phase; this portion covers the available resources for the family left behind.

Re-integration phase

The third, the re-integration phase, focuses on re-entering the daily work schedule and changes that have taken place during a member's absence.

"The most important asset in the Air Force is the human weapon system," said Maj. Mark Duffy, 52nd Aerospace Medicine Squadron public health officer, "The human weapon is the pilot who flies the F-16, the crew chief who maintains the jets or the services member who prepares our food. To ensure the human weapon system is ready to go to war, our personal affairs must be in order before we are tasked to deploy."

Important deployment numbers

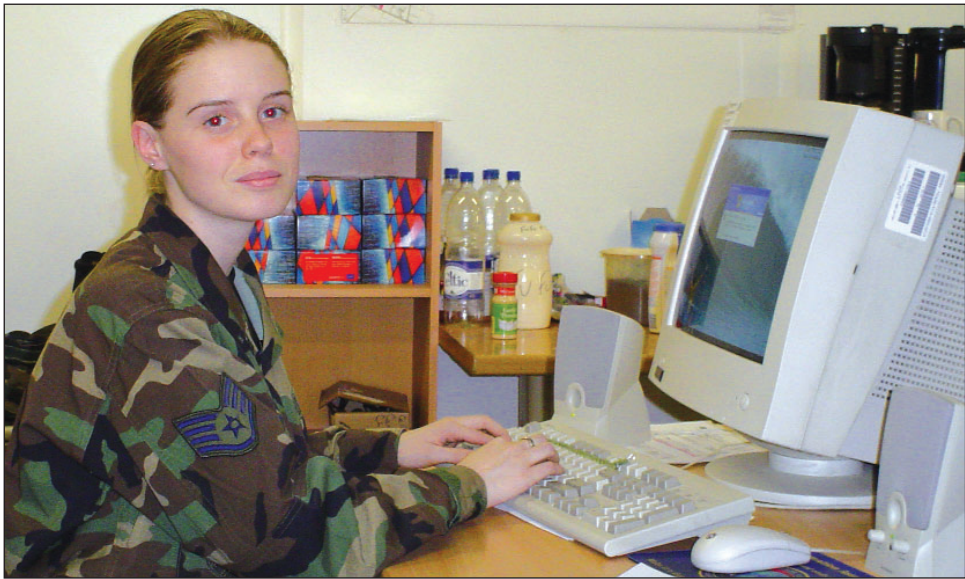
The following numbers may help members who are preparing to deploy in upcoming AEF cycles. See unit deployment managers for further assistance.

52nd FW legal office
452-6796

Family support center
452-6422 or 452-9491

52nd Mission Military Personnel Flight
452-6553

Family readiness
452-6894



Courtesy photo

Top Saber Performer

Name: Staff Sgt. Stacey Fusco
Unit: 701st Munitions Support Squadron
Duty title: Work group manager
Hometown: Charlotte, N.C.
Years in service: Four

Nominee's contributions to unit mission success: Sergeant Fusco is a hard working and dedicated information manger who directly contributed to the 701st MUNSS Network Control Center earning U.S. Air Forces in Europe Communications and Information Small work center of the Year for 2004. Trusted with technical support for distinguished visitors, she flawlessly briefed the USAFE Inspector General and NATO evaluators. She single-handedly and masterfully orchestrated daily postal operations while fulfilling intense absentee ballot reporting requirements, processing more than 250 ballots on time for the 2004 presidential elections. She was also hand picked to manage help desk operations. She secured SIPRNet capability for the time sensitive submission of Joint Staff Integrated Vulnerability Assessment. Sergeant Fusco guaranteed that all 25 monitoring facility operators were able to receive training for certification on a \$100,000 upgrade to a security alarm system, which was key to passing initial surety inspections. She also brought the flight to a 100-percent completion of critical upgrades to operating systems.

Off-duty volunteerism and professional development pursuits: Sergeant Fusco sets the example when it comes to off-duty education; she has completed 13 hours toward her Information Technology degree from the Community College of the Air Force. Her grade point average is 4.0. An outstanding volunteer to the community, Sergeant Fusco is a Girl Scout leader, tee ball and soccer coach and also the childrens' fall festival and Halloween party coordinator.

What do you do for fun? I really love the outdoors; hiking, biking and camping.
What do you like most about being stationed here? I like the fact that we are in such a great place to be able to travel.

ERAU lauds new graduates

Staff reports

1st Lt. Sherry Lehmuth, 52nd Logistics Readiness Squadron; **Senior Master Sgt. Marlin Menschel**, 52nd Equipment Maintenance Squadron; **Master Sgts. Salvatore Belloise**, 52nd Fighter Wing; **Robert Domingue**, 52nd FW; **Steven Hewitt**, 52nd Maintenance Operations Squadron; **Scott Holland**, 52nd Component Maintenance Squadron; **Todd Miller**, 52nd CMS; and

Ricardo Young, 52nd Operations Support Squadron; **Tech. Sgts. Cayetano Cardona**, 52nd Aircraft Maintenance Squadron; **Jamie Jordan**, 52nd Civil Engineer Squadron; **Wenesday Traylor**, 52nd MOS; and **Paul Pemberton**, 52nd AMXS; **Staff Sgts. Robert Martin**, 52nd AMXS; and **Kevin Sword**, 52nd AMXS; **Senior Airmen Michael Bissett**, 52nd EMS; and **Jonathan Stewart**, 52nd OSS; **Justin Lewing**, civilian, and **Edward Needens**, retiree.

ACT Eifel's 'Eclipsed' wins TOPPERs

Staff reports

ACT Eifel's production of "Eclipsed" brought home five trophies and several nominations at this year's U.S. Army in Europe's Tournament of Plays recently. This year's production was recognized in the following categories:

Best drama: ACT Eifel's "Eclipsed"
Best director: Becky Briley
Best ensemble: ACT Eifel's "Eclipsed"
Best supporting actress: Marie Lusher and Kellie Fredsholm

Nominations were awarded in the Drama category as follows:

Best actress: Angie Dodge
Best supporting actress in a minor role: Angela Wournok
Technical director: Dale Bratsveen
Costume design: Deb Hornback and Le'Royce Bratsveen
Stage manager: Zach Hezel
Program design: Judi Harvin and Becky Briley
Makeup design: ACT Eifel "Eclipsed"

Eifel Salutes

52nd Mission Support Group

High octane troops are **Staff Sgt. Josh Masa** and **Airman 1st Class Jeff Quinhoes**, who's daily checkout of the refueling fleet and their dedicated efforts resulted in a 94 percent vehicle in-commission rate for the month. Summertime or not, livin' is easy thanks to the help of **Jack Stevens**, who took on the project of painting some of the temporary living facility rooms. Team "Rockers" rocks! The **JR Rockers staff** of cooks, servers, cashiers, bartenders and managers has banded together to offer exceptional customer, food and beverage service and phenomenal sales since Jan. 28. Bring on the Payne! **John Payne** gives his non-appropriated funds human resources office customers 110-percent of his time and energy. He comes in early and stays late every day.

52nd Maintenance Group

We grant this troop a salute ... **Staff Sgt. Jennifer Grant** single-handedly controls all aspects of the phase inspection process for three aircraft maintenance units. Her flawless maintenance of two landing gear forward supply points valued at more than \$500,000 enabled the F-16 phase dock to complete five 1,600-hour landing gear inspections, reducing inspection time by 20 percent. A farewell salute goes to **Master Sgt. Larry Van Iwarden** for more than 20 years of service. **Senior Airman Dustin Nantz** was definitely paying attention during his self aid and buddy care training. He earned the quarterly safety award for his swift actions when his team member was injured and lost consciousness at work. He quickly called for help over the radio and immediately began administering aid for shock. "Mach" no mistake, this salute is well-deserved ... **Staff Sgt. James Jankowski** supported flying operations during the recent exercise by verifying serviceability of two installed aircraft engines, which saved hours of unnecessary engine change and preserved the wing's



engine readiness level. **Senior Airman Michael Farrugia** seamlessly executed all duties which contributed to the propulsion flight's all time high F-16 engine readiness level. He was also

responsible for ensuring inspections and repairs were completed on tools and equipment items valued at more than \$3.9 million.

38th Munitions Maintenance Group

A threat to any adversary is **Tech. Sgt. Samuel Griffith**, who's pivotal role in the Defense Threat Reduction Agency visit allowed him to shine in a highly visible review pertaining to munitions up-channel reporting. We advise a hearty salute for **Senior Airman David Sepulveda**, who established the first unit advisory council and pushed numerous recommendations from the 90-member group into a reality -- enhancing the base climate and morale.

52nd Medical Group

Take two salutes and call me in the morning! **Staff Sgt. Kristen Ramon** gets top "pilling" for tackling complicated prescription issues for a wing member and his family without missing a beat. **Airman Jamie Graham** "drilled" through her career development course and dental room training. **Staff Sgt. Daniel White** did the leg-work to pick up crutches for a patient who just moved here and didn't yet have a car.

Eifel community

A farewell salute to Bitburg Elementary School kindergarten teacher **Dora Milette**, who will retire in July after more than 25 years of Department of Defense Dependents Schools service. Ms. Milette will now enjoy her time reading, traveling and living in Florida.

Kudos to all; Team Eifel salutes you!
 (Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



1st Lt. Thomas Avilucea

Top Saber Team

Unit name: 38th Munitions Maintenance Group staff

A brief description of unit responsibilities: The group supports the 38th Combat Support Wing and oversees four geographically-separated munitions support squadrons: 701st MUNSS, Kleine Brogel, Belgium; 702nd MUNSS, Buechel, Germany; 703rd MUNSS, Volkel, The Netherlands; 704th MUNSS, Ghedi, Italy.

Number of members: 13

How does the team fit into the 52nd Fighter Wing's mission? The 38th MMG is on host nation bases, working as one unit with allies, and has a vital NATO mission. Being mission ready every day is the team's focus -- with standardization and training. Across the group at every level, the squadron's teams share information, and mission readiness continues to rise. The hard work and efforts of each professional support the U.S. Air Forces in Europe commander's mandate to support a fully mission-capable MUNSS.

Team's other contributions through the year? The 38th MMG is now more than one year old, and the MUNSS in USAFE have transformed into mission-focused units supported by a group and a wing especially designed for their needs. Each member of 38th MMG should be proud of the seemingly endless stream of impressive accomplishments during their first year as they truly sum up the motto -- "One Team, One Focus; Mission Readiness!"



Actor, director and producer Gary Sinise invites children to come on stage with his band during a performance here May 20. Mr. Sinise's 'Lt. Dan Band' performed a USO European tour at bases throughout Belgium, Germany and the United Kingdom. The band performed a variety of blues, rock, country and R & B hits, closing the show with Lee Greenwood's, "God Bless the USA." Mr. Sinise is best known for his Oscar-nominated performance as Lt. Dan in "Forrest Gump."

'Lt. Dan Band' rocks house for Spang Airmen

Photos by 2nd Lt. Shannon Collins
52nd Fighter Wing Public Affairs Office



Members of the 'Lt. Dan Band' perform a variety of songs for about 700 Spangdahlem Air Base Airmen and their families who attended the event.

Wear policy for PT uniform

The wear policy applies anytime individuals are required to be in an official physical training uniform, such as during all organized PT, at a minimum. The mandatory wear date is to be determined. (Source: Air Force News Agency)

- Any combination of PT uniform items may be worn together; PT uniform items must be not be worn with any civilian clothing
- AF T-shirt must be worn tucked into shorts
- Jacket must be at least half-zipped, and hood must be stored and zipped when not worn
- Pants must be zipped at the legs
- Spandex shorts and leggings (navy blue or black) may be worn under PT shorts (full-length leggings may be worn during cold weather)
- White socks must be worn; ankle or calf length
- Shoes must be conservative color
- Hats are not required when wearing PT uniform, but if optional organizational hats are worn, commanders must standardize
- Saluting not required when performing PT activities, but is required regardless of uniform type when not performing PT activities and when meeting individuals displaying appropriate rank
- Hair must be neat and cannot hang loose below the collar, long hair must be tied back
- Requirement for reflective belt is at the discretion of the squadron commander
- Body art standards apply
- Jewelry wear will follow normal uniform wear rules

AF finalizes new utility uniform for 2007

Story and photo by Tech. Sgt. David A. Jablonski
Air Force Print News

WASHINGTON -- Blue and green tiger stripes are out; the digitized pattern with subdued green, tan, blue and gray is in.

After reviewing more than 150,000 bits of feedback throughout the initial seven-month wear test of the proposed utility uniform, Air Force leaders recently decided to eliminate the original color scheme and conduct a limited field test of the new pattern.

Special operations and survival, evasion, resistance and escape Airmen will conduct a limited wear test of the new design at Eglin Air Force Base, Fla., Hurlburt Field, Fla., and Fairchild AFB, Wash., in June.

"The sole purpose of the test will be to see if we can add any features to the uniform to make it a better uniform in the field and to determine if the new colors (and) pattern provide camouflage protection they need in the field," said Senior Master Sgt. Dana Athnos, Air Force uniform board superintendent.

Airmen who participated in the initial wear test stopped wearing the more vibrant blue-green uniform March 1.

The original wear test involved more than 700 Airmen at 32 bases worldwide who kept detailed daily logs annotating likes, dislikes and wash-and-wear problems. They also completed three surveys.

"Throughout the test, Air Force leaders actively solicited feedback from testers and observers alike to ensure this uniform developed into one that fit the needs of today's Airmen," Sergeant Athnos said.

"There were several avenues for feedback, ensuring that the (Air Force) chief of staff had realistic facts when making the final decision on the uniform," she said.

Those avenues included a survey sent to 45,000 Airmen, a Web site and direct e-mail to the uniform board.

"Some comments were positive, some were negative -- all of them were provided directly to the chief of staff," Sergeant Athnos said.

The uniform is scheduled to be procured in mid-2005, officials said. Airmen can expect to purchase the uniform sometime in fiscal 2007. The proposed uniform will be phased in over four years.



Air Force officials released photos of the latest version of the proposed Air Force utility uniform. Special operations and survival, evasion, resistance and escape Airmen will conduct a limited wear test of the new design at Eglin Air Force Base, Fla., Hurlburt Field, Fla., and Fairchild AFB, Wash., in June.

New program aims to improve moving process

By Army Sgt. 1st Class Doug Sample
American Forces Press Service

WASHINGTON -- Full replacement value for lost or damaged items is among several changes taking effect in October as part of a new program called "Families First" which aims to improve the moving process for military families.

"We're going to have a lot of happier campers because they are not going to be losing any money out of their pockets like they did before," said Cullen Hutchinson of the passenger and personal property office at the Military Surface Deployment and Distribution Command in Alexandria, Va.

Under the current claims process, servicemembers only receive a depreciated value for property that is lost or damaged, he said.

For example, a \$200 television that is lost or damaged might only be valued at \$100 after depreciation, he said.

With Families First, he said, "the carrier will either replace the television with a similar one or reimburse the servicemember the full cost of a new one."

Another benefit of the program is that ser-

vicemembers will now deal directly with the carrier to arrange direct delivery of household goods, thus alleviating the need for temporary storage, he said.

"What makes this even better for the servicemembers is that whenever you have temporary storage (and) more handling of your household goods, the more susceptible it is for loss or damage," Mr. Hutchinson said.

He said direct delivery will also save the services money now spent for temporary storage.

In Families First, servicemembers will file settlement claims directly with the carrier, using a Web-based claim-filing process.

"There will not be a middle man; the servicemember will be able to address the carrier directly on the issue (he or she has)," he said.

"And the carrier will have an incentive to take care of that servicemember in a positive way."

Mr. Hutchinson said servicemembers will be encouraged to complete a Web-based customer satisfaction survey that measures the performance of carriers, and that survey will become part of that carrier's record.

"If the carrier's performance is poor, then the amount of business he's going to get from the government is going to fall off or stop completely," he said. "So there is an incentive there. It's no longer a competition on cost, but it's a competition now with cost and performance."

The survey gives servicemembers a chance to influence decisions on whether a carrier continues to do business with the Defense Department, Mr. Hutchinson said.

"And that decision is going to be based on the performance of that carrier," he said.

"(The result will be) more quality carriers, which will translate into quality service for our servicemembers," Mr. Hutchinson said. "And higher-quality carriers will ultimately mean higher-quality moves."

He said efforts like Families First should help improve the quality of service in the military moving industry that carries household goods of more than 500,000 servicemembers and their families each year.

He said problems in the moving industry have plagued the services for years, and that efforts to improve the moving process have been ongoing since 1994, starting with re-engi-

neering of the household goods process.

"The perceptions were that DOD was experiencing a very high loss and damage rate," Mr. Hutchinson said. "When we looked at the numbers, it was significantly higher than some of the corporate accounts."

In addition, he said, claim rates also were higher for military moves. While average military claims ranged around \$500, he said many corporate claims were in the range of \$100.

In the end, he said, DOD officials expect to see a "considerable decrease in loss and damage claims."

"The reason for that is that the carrier is assuming a higher liability for claims," he said. "So it's in their best interest to protect the goods better so they are not subject to this loss."

Mr. Hutchinson said the program also should ease some of the stress involved with moving.

"What we're trying to do is reduce that stress for our servicemembers so they can concentrate on more important things and not worry about (their things)," he said.

(Courtesy Air Force Print News Service)

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
1st Lt. Mike Cumberworth.....PA deputy
Master Sgt. Sean E. Cobb.....PA superintendent
2nd Lt. Shannon Collins.....Internal chief
Senior Airman Amaani Lyle.....Editor
Airman 1st Class Eydie Sakura.....Staff writer
Iris Reiff.....Leisure writer

Published by

Verlag & Druck
Wittich KG, a pri-
vate firm in no
way connected
with the U.S. Air
Force, under
exclusive written
contract with the



52nd Fighter Wing. This commercial
enterprise newspaper is an authorized
publication for members of the U.S. mil-
itary services overseas. Contents of
the Eifel Times are not necessarily the
official views of, or endorsed by, the
U.S. Government, the Department of
Defense or the Department of the Air
Force.

The appearance of advertising in
this publication, including inserts or sup-
plements, does not constitute endorse-
ment by the Department of Defense,
the Department of the Air Force or
Verlag & Druck Wittich KG of the prod-
ucts or services advertised.

Everything advertised in this publi-
cation shall be made available for pur-
chase, use, or patronage without regard
to race, color, religion, sex, national ori-
gin, age, marital status, physical handi-
cap, political affiliation or any other non-
merit factor of the purchaser, user or
patron.

Editorial content is edited, pre-
pared, and provided by the 52nd
Fighter Wing Public Affairs Office staff.
All photographs are U.S. Air Force pho-
tographs unless otherwise indicated.

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general interest
will be published in the *Eifel
Times* and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■ DirectLine@spangdahlem.
af.mil

■ Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■ To PA in building 23.

■ Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

May
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	226	204	+3
23FS	237	208	0
81FS	257	220	0

*Delta is contract vs. sorties flown to date.

Through May 25

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

June 3, 2005

Page 5

Gaining respect

702 MUNSS commander shares advice, encourages individual leadership styles

By Lt. Col. Galen Kirchmeier

702nd Munitions Support Squadron commander

Excited about heading out to Officer Training School and his new role as an officer candidate, a young sergeant asked me, "How do I choose the right leadership style?"

The answer seemed obvious, "just pick a style that fits your personality." Struggling for concrete examples led to a lively discussion of former bosses and their leadership quirks. You know, those moments when you think to yourself, "When I'm in charge, *I'll never* ..."

Shoot from the hip. You've seen the leaders who are calm on the outside but when faced with a difficult situation, explode and make rash decisions before engaging their brain. Don't let initial emotions rule decisions. Learn to control them.

Lead by e-mail. Face-to-face is the best form of communication. Don't get stuck behind the computer. Be visible. View the issues and problems first-hand. Also, never send an e-mail in anger ... the backlash can be brutal.

Take extra advantage of perks. New positions come with certain privileges, like more office space and maybe a reserved parking spot. Remember where you came from. Don't let those perks go to your head. Taking extra privileges with an arrogant air is the fastest way to lose respect.

Another great way to lose respect is to isolate yourself from failure or criticism. Don't be afraid to lead from the front, make the tough decisions and take responsibility for them.

Make changes just for the sake of change. When you take over a new unit, take your time and formulate how you fit in. Don't change the program just to show there's a new boss in charge. Once you're settled, you can start making small changes to match your personality and leadership style.

Micromanage all the decisions. The only way to make good leaders is to allow them to lead. Don't be the type of boss where every decision has to go through the front office. Give your people the freedom to lead and let them make decisions, right or wrong.

If they stray off course, mentor them so they have the tools to make better decisions in the future.

Try to please everyone. This is a tough one because most people like to be liked. Don't shape your behavior to fit in as "one of the guys." Those

you lead will respect integrity and honesty even when you give bad news.

Always cover my "backside." Another great way to lose respect is to isolate yourself from failure or criticism. Don't be afraid to lead from the front, make the tough decisions and take responsibility for them. Your troops' decisions are your own because loyalty goes both directions.

Make untimely decisions. You almost never get all the data you need before making a decision. Analyze the information and balance whether a decision can be made immediately versus the consequences of making a wrong decision.

Do all the work myself. Delegate. Don't be the supervisors who don't trust anyone but themselves to get the job done right. Delegating trains your troops and frees you for more strategic tasks. You'll gain respect by showing your trust in their abilities.

Focus solely on the mission. Learn to balance people and the mission because both are crucial to success. Don't forget it's the people who require a leader, not the mission. When your troops are taken care of, they can focus on the mission. We have the perfect leadership-learning environment in the military. We experience new supervisors every few years. Take advantage. Learn what works for you and fits your style.

Clarification

USAFE explains reason for Services cutbacks

By Col. Dave Howe

U. S. Air Forces in Europe headquarters
mission support deputy director

You may have read a recent *Stars and Stripes* letter to the editor discussing cutbacks of important Morale, Welfare and Recreation services.

Let me start off by saying we couldn't agree more with the reader about the vital role Services plays in building our military communities, boosting morale, and providing welfare and recreation for our military members, civilians, and their families.

Wrapped into the letter, however, were misinformation and sensationalism on the extent and intent of the financial review of specific Services programs. Here are the facts:

We have 189 "businesses" across U.S. Air Forces in Europe that provide services. Most of these "businesses" provide valuable services and make a profit in spite of drastically increased labor costs.

Any profit these Services programs make gets plowed right back into services for our Soldiers, Sailors, Airmen, Marines, civilians and their families. Fourteen of our

189 "businesses" have been identified for review due to high labor costs, low customer support or poor management.

We are reviewing these specific activities to ensure that we use your money in the most efficient and effective manner possible.

These 14 "businesses" lost just over \$1,000,000 during the first six months of Fiscal Year 2005 (October 1, 2004 through March 31, 2005). Twelve of those 14 also lost money in Fiscal Year 2004.

That's money that comes straight from our people and their families. These 14 "businesses" were given the opportunity to provide plans to put their activities back on a solid financial footing but have been unable to accomplish that goal.

However, let me make it abundantly clear these cuts are not just about "the bottom line." A significant number of our "businesses" will never make money because the customer base is too small to make a profit, particularly at our geographically separated units.

In many cases we will absorb those

losses, in order to retain necessary services. But where the services provided are not critical we must take logical action now or we'll be forced to take catastrophic action later.

Let me address several of the specific issues raised in the letter to the editor.

There is no plan or proposal to close any USAFE youth centers. We have community and youth centers all over Europe that provide a tremendous service to our communities while remaining financially solvent, ensuring we can continue to provide these activities to our communities in the future.

Many of us have our favorite base eating establishments. Not all of them are profitable, and, therefore, take away resources from other Services facilities.

For example, one pizza restaurant in the command lost \$38,000 in the first six months of Fiscal Year 2005. This loss simply cannot be tolerated when there are more than 15 other eateries at this particular base.

Another comment in the letter suggested the value added tax program

might be in jeopardy. Quite the contrary -- USAFE recently took the initiative to lower the costs of the forms for the vast majority of our population in order to make the program more accessible to our community at large.

The writer went on to sensationalize the issue by writing "Picture a military community without a community center, bowling center, Outdoor Rec, Youth Center..."

To the contrary, I ask the reader to imagine a military community that not only provides these services but does so in a profitable manner or incurs minimal losses so money is generated to improve established services, facilities and equipment.

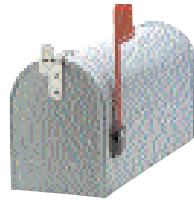
It isn't a question of how many bowling centers, community centers, or eateries a base has, the issue is, how many can the community afford to support well.

Thank you for this opportunity to clear the air. We stand committed in USAFE to providing quality services to our people and to insuring these services are managed effectively and efficiently --so that we ALL benefit.



Community Mailbox

Submit "Community Mailbox" advertisements 10 days
before the desired publication date to publicity@spangdahlem.af.mil.



Spaghetti dinner

The Bitburg High School Barons Booster Club hosts its student showcase and spaghetti dinner today at 6 p.m. in the BHS cafeteria. The cost is \$6 for adults and \$3 for children. Entertainment will be provided by the drama students, school musicians and National History Day students. This is a fundraising event. For details, call Val McCamish at 452-9202.

BHS SAC meeting

The Bitburg High School Student Advisory Council meeting takes place Monday at 3:30 p.m. at the BHS media center. BHS parents are encouraged to attend. For more information, call Mia Checkley at 452-6559.

ACT Eifel directors

The ACT Eifel Board of Directors is currently seeking directors for the one-act play festival this fall. People interested in directing a one act or who have a suggestion for a one-act can notify ACT Eifel by Tuesday. During the next board of directors meeting, members will consider one-act plays for October with directors' and script ideas. For more information, e-mail acteifel05@hotmail.com.

OCSC meeting

The Spangdahlem Officers and Civilians Spouses Club meets Wednesday at 11 a.m. in Club Eifel. It will be the last meeting until the September new membership kick off. People interested in becoming a member or in saying good-bye to current members should stop by. For details, e-mail Deseri Pires at Pires1216@netscape.net.

Community Bank closure

The Spangdahlem Community Bank will be closed Wednesday morning for training, but will be open from noon to 4 p.m. The Bitburg Community Bank will be closed Thursday morning for training, but will be open from noon to 4 p.m. For more information, call the Community Bank at 452-6773.

Citizenship tutors

Tutoring and instruction is now available at no charge for people preparing



Staff Sgt. John Barton

Memorial Day ceremony

Airman Sarah Mullen, 22nd Aircraft Maintenance Unit, (center) assists her fellow First Term Airmen's Center Airmen in the laying of wreaths during the Memorial Day ceremony here May 26. Bobby Coleman, Veterans of Foreign Wars member; Col. Scott West, 52nd Fighter Wing vice commander; and Larry Barnwell, member of the American Legion; escort the wreaths in remembrance to all those who have given their lives for their country.

for the U.S. citizenship test. For details, call Lynn Luria at 452-6422.

ARC raffle volunteers

The American Red Cross will conduct an approved raffle now through June 16. The event calls for volunteers from 10 a.m. to 6 p.m. on days of operations at the Spangdahlem AB and Bitburg Annex commissaries and the Spangdahlem AB post office. For more information, e-mail thomas.smith@spangdahlem.af.mil or call the ARC at 452-9440.

Club lunch special

Stop by Club Eifel June 13 for Mel's Drive Through Lunch Special starting at 11 a.m. The entrance to the club will temporarily be closed and turned into a drive thru, offering Sabers convenience and a selection of lunch choices. The cost is \$6.95 for members and \$7.95 for non-members. For details, call Melvin Gamble at 452-4632.

Heart Link

Military spouses can take part in the USAFE spouse orientation called Heart Link. This event is for spouses with five

years or less experience with the military. They can learn about military benefits, protocol, the Air Force mission and services available June 14 from 8:45 a.m. to 2 p.m. Lunch is provided and participants can ask about reimbursable childcare. For details, call Tammy Kunz at 452-6894.

Missoula Children's Theater

The Missoula Children's Theater is doing a production of "Robin Hood," and open auditions are July 11 at 10 a.m. in the Spangdahlem AB Youth Center, building 427. The production is open to all Eifel youth between the grades of kindergarten and 12th grade, and there are no sign-ups prior to auditions. Rehearsals are July 12-15, and the show date is July 16. For details, call Patti Porter at 452-9555.

BASH flea market

Take part in the Big Annual Summer Happening flea market July 4 from noon to 4 p.m. at the Bitburg Annex gymnasium. The cost for having a vendor booth is \$15 for a 10 by 10 space, and \$20 for a 10 by 10 space with table. For details, call Patti Porter at 452-9555.

Vacation Bible School

The 52nd Fighter Wing chaplain service presents "Vacation Bible School 2005 Serengeti Trek: 'Where Kids Are Wild About God.'" The Bible school takes place July 11-15 from 9 a.m. to noon for ages 4 years old to sixth grade at Spangdahlem AB, building 139. Adult and teenage volunteers are needed to help in a variety of areas: Bible study, "wild" games and child safari leaders; critter crafts; snacks and nursery. For more information, call Joanna McCormack at 06575-901443 or e-mail her at kentjo497@hotmail.com.



Father's Day Sunday Brunch Sunday, June 19

Two Seatings:
10:30 a.m. - 12:30 p.m.
1:30 p.m. - 3:30 p.m.

Members: Adults \$14.95, Children \$7.00
Nonmembers: Adults \$16.95, Children \$8.00
Children 5 and under eat FREE

Reservations Required
Club Eifel uses a reservation policy for buffets to reduce waiting times created by the large demand. Tickets must be paid for when the reservation is made. For convenience, you may make reservations by calling DSN 452-4639 or COMM 06565-61-4639 and use your club card or credit card to make payment. Club members have reservation priority. All other reservations will be accepted beginning 13 June. Reservations can be made Monday - Friday from 11 a.m. - 5:30 p.m. Reservations are accepted on a first come, first served basis.



FRIDAY NIGHT QUICK BITE

NEW!

NO COUPONS TO CLIP • DINE IN OR CARRY OUT

One 16" pizza w/ 2 toppings
One large garden salad w/ dressing
One large order of onion rings
Up to five fountain drinks

ONLY \$20

A \$25 VALUE!

Just stop into J.R. Rockers and place your order.
It will be hot, fresh and ready in minutes!
Available only on Friday night
4:30-9 p.m.
(Sorry, no call-in orders at this time.)

BRING YOUR WINGMAN ON WEDNESDAY!
Bring your Wingman to J.R. Rockers on Wednesdays get two 12" one-topping pizzas and 2 fountain drinks for ONLY \$8.00! You must show your Wingman Cards.

We Have A Winner....
Major Trevor A. Wentlandt (officer's lounge) won \$450 during the weekly club drawing this past week. Congratulations! However, SrA Chad E. Williams (enlisted lounge) missed out on his chance at \$125. But he didn't lose out completely. Please stop by the cashier's cage to pick up a free lunch buffet coupon. Be at the club this Friday to get in on the action!



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Movies

The following movie listings are for today through June 9. Times and movies are subject to change. For current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Guess Who (PG-13, 7 p.m.)

Percy is skeptical of his daughter's new boyfriend, Simon. Simon has a great job, good investments and a promising future. But there's one thing Percy cannot overlook -- that Simon is white.

A Lot Like Love (PG-13, 10 p.m.)

Oliver and Emily met on a flight from Los Angeles to New York seven years ago, each declaring they couldn't be more wrong for each other. Through the years, as they struggle with their different partners, careers and breakups, they turn from casual acquaintances into trusted friends. As they each search for love, it isn't long before they figure out that maybe what they really have is something ... a lot like love.

Saturday

A Lot Like Love (7 p.m.)

Miss Congeniality 2: Armed and Fabulous (PG-13, 10 p.m.)

After Cheryl Frasier and Stan Fields are kidnapped, Gracie goes undercover in Las Vegas to find them.

Sunday

A Lot Like Love (4 p.m.)

Miss Congeniality 2: Armed and Fabulous (7 p.m.)

Monday

Guess Who (7 p.m.)

Tuesday

A Lot Like Love (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

Amityville Horror (R, 7 p.m.)

A family is terrorized by demonic forces after moving into a home that was the site of a grisly mass-murder.

Hostage (R, 9:30 p.m.)

A failed police negotiator turned small town cop must save the lives of a family held hostage.

Saturday

Robots (PG, 4 p.m.)

Rodney Copperbottom is an idealistic robot who wants to convince his electronic brethren to come together and work toward making the world a better place.

Amityville Horror (7 p.m.)

Sunday

Ice Princess (G, 4 p.m.)

With the help of her coach, parents and the boy who drives the Zamboni machine, nothing can stop Casey from realizing her dream to be a champion figure skater.

Hostage (7 p.m.)

Closed Monday and Tuesday

Wednesday

Amityville Horror (7 p.m.)

Thursday

Hostage (7 p.m.)

All aboard!

Cruise by vineyards, castles on Germany's famous rivers

Story and photo by Iris Reiff
52nd Fighter Wing Public Affairs Office

It's a special experience, some say a must, for everyone who visits the Eifel-Mosel region to take a cruise on the Mosel River.

Enjoy a ride on a modern passenger-ship and get a spectacular view of castles, famous cathedrals, lush vineyards and winetowns which dot the romantic Mittelmosel route.

Trier, the closest starting point from the base, offers various Mosel River excursions now through mid-October. Ships leave daily at 9:15 a.m. from the Trier-Zurlauben passenger dock for a round trip to Bernkastel. Round trips from Trier to various other towns along the Mosel are also available throughout the day. For details, call the Trier Boat Information Office at 0651-26666.

Other one hour boat excursions can be arranged upon request. Evening excursions with live music and dancing on board of a ship are available Saturdays at 7:30 p.m. from Zurlaubener Ufer. The boat returns around 10 p.m. Reservations are necessary and can be made at 0651-26317.

A very nice excursion is from Trier to the beautiful town of Saarburg each Wednesday and Sunday, departing at noon and 2 p.m. People will have until 4 p.m. to see Saarburg or go shopping. The boat returns to Trier about 6 p.m. This stretch is about 20 kilometers long. The ship cruises both on the Mosel and Saar rivers and leads through several locks.

There are also trips from Bernkastel to the scenic Mosel town of Traben-Trarbach. Boats depart from Bernkastel at 10 a.m., 11:15 a.m., 11:45 a.m., 2 p.m., 3:30 p.m. and 5 p.m.

One hour tours are available from the Bernkastel dock every half hour, now throughout October. The Bernkastel-Kues, Moselperle, Bernkastel, Kroever Reich and Stadt Trier boats run daily from Bernkastel to Traben-Trarbach (about two hours), going past various scenic Mosel towns. They will return to Bernkastel.



This passenger boat returns from a cruise to the Trier Zurlauben Mosel shore. This is a perfect time and weather to explore the Mosel, Saar or Rhine rivers by boat, often passing beautiful scenery and local castles.

For people who would like to enjoy an adventurous boat ride through the locks, Bernkastel also offers this experience several times daily. Boat cruises to Koenigsbach, Niederlahnstein, Stolzenfels, Oberlahnstein, Rhens, Brey and Braubach are available from Koblenz.

One-hour round trips are also offered as well as excursions to Cochem with its romantic castle. People can take a two-day boat tour from Trier to Cochem. The boat departs Trier at 9:15 a.m. toward Bernkastel. It departs from Bernkastel at 3:30 p.m. and arrives in Zell at 6:30 p.m.

People are responsible for their own accommodations in Zell. The boat continues its way toward Cochem the next morning at 10 a.m., arriving in Cochem at 1:30 p.m. Some people take the train back to Trier the following day.

Several tours can be combined with sightseeing tour of a castle or stops at other attractions. Evening cruises can be a lot of fun with family or friends, and they are also an excellent way to meet people. Mosel-dance-party-cruises are available Tuesdays, Thursdays and Saturdays during June September and October; and daily cruises are offered during the summer months of July and August from Cochem.

The party cruiser will depart the

Cochem dock early in the evening and return before midnight. Bands provide musical entertainment on board. Plenty of food and beverages will be available.

Saturday-night-party-cruises from Bernkastel are available now through October departing at 7:30 p.m. and lasting about 2.5 hours.

The Luxembourg passenger ship MS Marie-Astrid is on route now through September. It cruises from Trier to Remisch and from Remisch to Grevenmacher on the Luxembourg side of the Mosel. From Grevenmacher a bus will take the passengers back to Trier.

Some people prefer one-way cruises in lieu of the round-trip journeys offered by most cruise lines. One of many possibilities is to enjoy part or the journey by boat and then return by train. Most lines offer price reductions for groups, school students and other organizations. Group reservations have to be made before hand.

These are just a few of the many boat cruises offered along the local rivers. Prices range from 10-300 euro for long trips. Several day excursions on the luxurious ships of the Koeln Duesseldorfer company are more expensive. Call the local tourist information offices for details.



Out and About



(Editor's note: Event dates and times are subject to change.)

♦ Enjoy the annual Rock am Ring concert **tonight** through **Sunday** at the Nuerburgring race track. For information go to www.Rock-Am-Ring.com. For tickets, call 01805-5352530.

♦ Visit a flea market **Sunday** at the Kroev Weinbrunnen hall; in front of the Wittlich Extra market; at the Uerzig festival grounds; along the Zeltingen Mosel shore and at the Daun-Puetzborn Rewe market.

♦ Attend the International cultural Festival June 11 from 11 a.m. to 8 p.m., and June 12 from 11 a.m. to 5 p.m. at the NATO Air Base Geilenkirchen, Germany. The festival featuresw cultural displays from across NATO, including food, music, vendors and more. There will also be two Airborne Warning and Control System (AWACS) planes to walk through. Tickets are available at the NATEX main office (off

base) near the Geilenkirchen AB main gate, and the cost is 3 euro per person. For more information, visit their Web site at www.e3a.nato.int or call 02451-63-4083.

♦ Plan to participate in the 2nd German-American Friendship run **July 10** in Binsfeld. For more information on the event, in English, go to ortsgemeinde.binsfeld@t-online.de. Click on Vereine (associations,) then Sportsverein (sports association) and Volkslauf (run.) People can register now via the English Internet site.

♦ Plan to attend the large-scale Bitburg Air Show **July 23-24**. This will be a highlight event in the area including flying demonstrations, displays and lots of entertainment for small and tall. More information about this event will be printed in an upcoming *Eifel Times*.



Senior Airman Michael LeDuc, 52nd Logistics Readiness Squadron petroleum, oils and lubricants journeyman, and his wingman, Master Sgt. Robert Hughes, 52nd LRS unit deployment manager, run the 5K Wingman Fun Run Wednesday.

Wingman Fun Run

Staff reports

The Skelton Memorial Fitness Center held its first quarterly 5K Wingman Fun Run Wednesday here as part of their Wingman Wednesday program.

"We are trying to bring wingmen together for a run to enjoy," said Airman Tanja Moore, 52nd Services Squadron fitness specialist.

"We hope to improve fitness and camaraderie among the Airmen on base."

Anyone on base can participate in these quarterly runs and they are self-paced runs.

For next quarter's Wingman Fun Run or fitness center events, check the *Eifel Times* or call the fitness center at 452-6634.



Tech. Sgt. Lisa Claxton, 52nd Comptroller Squadron financial analysis NCOIC, runs with her wingman, Airman 1st Class Latasha Fauntleroy, 52nd CPTS accounting liaison technician.

Photos by Airman 1st Class Eydie Sakura
52nd Fighter Wing
Public Affairs Office

HAWC shares tips for running

Staff reports

Training for the 1.5 mile run can be rewarding as people increase their endurance and are able to visualize themselves completing the run with a score they used to only dream about. As the test day approaches, however, there are a few other things that can enhance a run and help people succeed.

Rehearse the run

People should picture themselves at different stages, such as getting through a difficult mile, passing runners comfortably, finishing smooth and strong.

Change shoes

It may be obvious advice, but it bears repeating -- Reserve a pair of racing flats or lightweight trainers just for races. The advantage goes beyond the few ounces people can save in weight. Even if the physical advantages are minimal, the psychological gain could be a real plus.

Do warm-ups

Many runners do not warm up hard enough or warm up at all. Try slow jogs and quick walks and move the upper body as well. Warm up for about five minutes before a stretch.

Run the course

Do warm-ups on the course itself, or jog the course a day or two before the physical training test if possible. Note the location of turns, hills and water stations. The familiarity will help people feel confident and can help improve their score.

Stretch properly

Hold stretches for 10-20 seconds and repeat them four to five times after a five minute warm-up, like fast walking or slow jogging. This will rive up the body and will get people into race mode easier.

Flip strategies

The old saying goes, "Start slowly and finish fast." Try once to turn that around and see if it works. In shorter races such as a 1.5 mile run, it just might. When people ease out, they might ease the entire run. When people begin fast, they can end up with a fast finish. People should practice this technique before the PT test. Practice what works best and find the appropriate stride.

Look up

When following another runner,

look at their shoulders and not their feet. It will be easier to maintain position, as the point of reference will not move. Run behind the runner and just off their shoulder, to avoid any potential tangles of feet and legs.

Relax facial muscles

Maintaining a cool, relaxed expression signals to the rest of the body that things are going smoothly. Relaxing key parts of the body -- particularly the facial muscles -- is important when people are digging deep. The energy spent on tensing those muscles will take energy from crucial running muscle groups.

Running is a motion that humans are built to do and it does not take any talent. It does, however, take a tailored program to do well and to progress without injury. Although running is a physical activity, it also takes a strong mental component to be successful. Keep training, stay committed, focused and positive. The result will be a successful race. For more information on fitness, call the health and wellness center at 452-9355.

(Courtesy of the Health and Wellness Center)



Below is a list of upcoming Outdoor Recreation activities and events:

July events

July 3, Luxembourg Trout Fishing, \$35; July 5-10, Italy scuba certification, \$550; July 20, Introduction to scuba, \$35; July 24, North Sea fishing; July 30, Mosel canoe trip, \$35

August events

Aug. 6, Luxembourg cave rappel, \$35; Aug. 7, Luxembourg trout fishing, \$35; Aug. 17, Introduction to scuba, \$35; Aug. 20, North Sea fishing, \$125; Aug. 27, Mosel canoe trip

September events

Sept. 3-4, Baltic deep sea fishing, \$140; Sept. 6-11, Italy scuba certification, \$550; Sept. 17,

Luxembourg trout fishing, \$35; Sept. 25, North Sea fishing, \$125

October events

Oct. 102, Baltic deep sea fishing, \$140; Oct. 15, North Sea fishing, \$125; Oct. 29, Luxembourg trout fishing, \$35

November events

Nov. 23-27, Thanksgiving Swiss glacier skiing, dorm style room, \$290, double room, \$365

December events

Dec. 9-11, Black Forest ski trip, \$275; Dec. 16-18, Swiss ski trip, dorm style, \$265, double room, \$340

For more information, call Brandi Tubb-Hall at 452-7176.



Sports Briefs

Indoor soccer championships

Congratulations to the 52nd Logistics Readiness Squadron team for winning the 2005 intramural indoor soccer championship game against the 52nd Civil Engineer Squadron May 24, beating them 8-4.

USAFE volleyball results

The 2005 U.S. Air Forces in Europe Volleyball Championship took place May 16-22 at Aviano Air Base, Italy. Ramstein Air Base earned first place in the men's and women's categories, with both teams winning 5-0. The Spangdahlem AB's men's and women's teams both finished with a score of 2-3

Baseball tournament winners

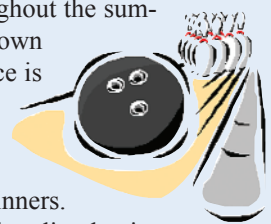
The Spangdahlem AB Eifel Cardinals 11-12 year old boy's baseball team won first place at the Ramstein Air Base Ambassadors Memorial Day tournament this past weekend. The Eifel Cardinals played seven games over the Memorial Day weekend and finished with a 6-1 record. The boys avenged their only loss with a 10-1 triumph over the Ramstein Reds in the championship game. For details on the team, call Master Sgt. John Rozell at 452-6831.

Terrible pin placement

Sign-up for the Terrible Pin Placement tournament at the Eifel Mountain Golf Course Saturday at 10:30 a.m. Play a nine-hole game, captain's choice format with four people on a team and no handicaps. The cost is \$10 per person, and green fees and carts are not included. For details, call Bobby Stevens at 452-4653.

Bowling tournament

Head over to the Eifel Lanes Bowling Center for the 9-Pin No-Tap tournament throughout the summer. Get a strike by knocking down nine pins instead of 10. The price is \$15 per person and includes shoes. Participants must be at least 18 years old to play. Cash prizes will be awarded to the winners. Sign-up starts at 4 p.m., and bowling begins at 6 p.m. June 17, July 15, Aug. 19 and Sept. 16. For more information, call Eric Guth at 452-2695.



AF Marathon

The 9th annual U.S. Air Force Marathon takes place at Wright-Patterson Air Force Base, Ohio, Sept. 17. The course is a certified 26.2 miles and the run begins and ends at the National Museum of the USAF. The cost is \$45 per person and \$30 for the half-marathon. The registration deadline is Sept. 2. For more information, visit the marathon Web site at <http://afmarathon.wpafb.af.mil>.

